

OTTAWA

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ALFIE TO GET KEY TO THE CITY

'Thank you for a job well done.' Page 4.



SUN, SNOW, SCULPTURE

Latvian artist Maija Puncule works on a giant sculpture commissioned by her country to appear at Winterlude. In the background, the sculpture's co-creator, Karlis Ile looks over the work. To get a peek at the spectacular sculpture in full, and read about other aspects of Winterlude, turn to page 10. TREVOR GREENWAY/METRO

Parkinson's research using virtual reality

Health. Ottawa researcher giving surgery patients VR goggles to unlock secrets of brain function

An Ottawa neurosurgeon is bringing virtual reality goggles into the operating room to better understand brain functions of patients with Parkinson's disease and to improve their symptoms, operating on them while they're awake.

Dr. Adam Sachs, member of the Division of Neurosurgery at the University of Ottawa's Brain and Mind Research Institute and clinician investigator at The Ottawa Hospital, said the research is in an early stage, but so far is "promising" for the 10 million people who suffer from the disease.

The deep brain stimulation (DBS) surgery can last up to nine hours and starts with surgeons implanting a tiny electrode into the top of a pa-

tient's skull. The project is a joint effort between the University of Ottawa and the Ottawa Hospital Research Institute.

The patient wears 3D virtual reality goggles as Sachs runs experiments targeting an area of the brain involved in Parkinson's disease, while a computer records neural activity.

One of the goals is to determine if Parkinson's patients can control their brain activity.

"What we hope to show is first of all that people can do that, and the initial results are promising," he said.

"And what we further hope to show by doing that (is) they may be able to have smoother movements and learn to control some of their Parkinson's symptoms better."

Through the experiment, he said having a constant biofeedback from the part of the brain that is firing incorrectly can help smooth movements in people who suffer from stiff, frozen, or tremor-like symptoms.

JOE LOFARO/METRO

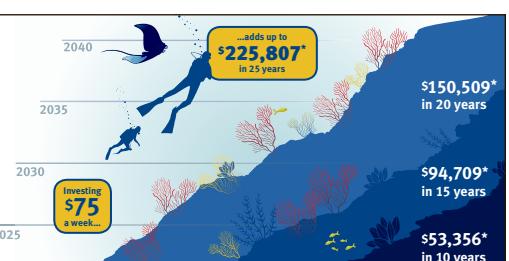


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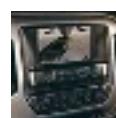
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Power U.S. 2014 Initial Quality Study.[®] Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February - May 2014. Your experience may vary. Visit jdpower.com. ⁸Based on Vincentric 2014 Model Level Analysis of full-size pickup in the Canadian retail market. MyLink functionality varies by model. Full functionality requires compatible Bluetooth[®] and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available in select vehicles and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. 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Transit

Algonquin College U-Pass approved

Algonquin College students will officially board the bus to class with the U-Pass in September. Council approved the cheaper pass program on Wednesday, so Algonquin College is now on par with University of Ottawa, Carleton University and St. Paul University. It will be available for a fee of up to \$199 per semester for those with a course load of at least 66 and two-thirds per cent. There's an opt-out option, but students must qualify. **LUCY SCHOLEY/METRO**

City council

Budget meetings scheduled

The City will present its draft budget to council Wednesday. The Transit Commission will then hold a meeting to table and consider relevant portions of the City's 2015 operating and capital budgets to consider changes to the urban transit boundary. **METRO**

Arts

Indigenous youth to showcase gifts

Indigenous youth will hold the third annual Walking With Our Sisters talent show Saturday at St. Paul's Eastern United Church from 6 p.m. to 10 p.m. Indigenous youth under 30 are invited to showcase their talent, including spoken word, music, song, dance, storytelling and comedy. Contact joshdeanlewis22@gmail.com to sign up. **METRO**



Major Réjean Richard (centre) speaks Wednesday during a Bell Let's Talk panel talk on mental health at the Department of National Defence. **TREVOR GREENWAY/METRO**

Don't suffer PTSD 'in silence': Soldier

Bell Let's Talk. Major tells story of mental illness publicly for first time at panel



TREVOR
GREENWAY

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Major Réjean Richard spent two decades hiding from the stigma of mental illness.

He spent months in his basement, having up to seven intense anxiety attacks a day that left him unable to sleep, unable to work and incapable of being a major in the Canadian Military. He hid his

Post Traumatic Stress Disorder (PTSD) from his wife, his grown kids and even to this day, his parents.

Richard told his story Wednesday — the first time ever publicly — about how he was able to muster the courage to ask for help. He knew he was risking his entire career and rank going for help, but it saved his life.

"For me, it was either going to seek treatment or committing suicide — and I couldn't do that to my wife or my parents," Richard told Metro following a Bell Let's Talk panel discussion on mental health at National Defence headquarters Wednesday morning.

"If I could do it all over again, I would have sought treatment in the mid-1990s because then, I wouldn't have had to suffer in silence. I feel fantastic now."

Admitting you need mental help for a rough and tough military officer is as hard as fighting a war, added Richard, who served in Somalia, Bosnia, Haiti and Afghanistan during his 30-year career.

The stigma that comes with it is close to unbearable. But another major reason Richard hid his illness from everyone was because he knew disclosing it would threaten his career. And it did.

Richard can never again

be promoted in the military. If he was younger, he would have had a chance to reverse his medical category, but he knows as well as anyone that he cannot be deployed to combat situations because it may trigger his PTSD.

But for younger soldiers, Richard urges them to get help now.

The process gives soldiers a three-year retention period, so they can seek help and get back to work. If they are healthy enough, they can reverse their medical category and begin working their way up the ranks again. If a soldier is still sick after three years, he or she will be medically discharged.

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Alfredsson to be honoured by city

Key to the city.

Mayor says charity work of former Senators captain 'set the gold standard' for professional athletes



LUCY
SCHOLEY

lucy.scholey@metronews.ca

Former Ottawa Senators captain Daniel (Alfie) Alfredsson will receive the city's highest honour.

Mayor Jim Watson announced on Monday that Alfredsson will be granted the key to the city in March.

"This is a chance for the broader community to say, 'Thank you for a job well done,'" Watson told reporters.

Alfredsson wore the trademark "C" on his Sens jersey

Quoted

"This is a chance for the broader community to say, 'Thank you for a job well done."

Mayor Jim Watson

from 1999 to 2013 before signing on with the Detroit Red Wings. He retired 17 months later, but not before signing a one-day contract with his old team for a final farewell skate.

Alfredsson was also known for his charity work around the city, including at the Children's Hospital of Eastern Ontario (CHEO), Roger's House and the Royal Ottawa Mental Health Centre.

"Daniel really was a great player on the ice and off the ice," said Watson. "I think the amount of charity work that he did set the gold standard for other NHL and professional sport players."

Alfredsson scored the win-

ning goal against the Buffalo Sabres that sent the Senators to the Stanley Cup final in 2007. He also won a gold medal with Sweden at the 2006 Olympics.

At the end of his career, he logged 444 goals and 713 assists in 1,246 NHL games.

The key to the city was first granted in 1935 to the Governor General of Canada, Lord Tweedsmuir, and his wife, Lady Tweedsmuir.

Ottawa-born actress Sandra Oh was the last person to receive the honour in 2013. Other notable recipients include author Margaret Atwood and photographer Yousuf Karsh. **WITH FILES FROM TORSTAR NEWS SERVICE**



Former Senators captain Daniel Alfredsson will be granted the key to the city in March. JUSTIN K. ALLER/GETTY IMAGES

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The upcoming year will be one of "momentum," according to Ottawa Mayor Jim Watson. In his annual State of the City Address, Watson highlighted the ongoing work on projects in 2015, plus a few new tidbits.

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1



Flowers and candles
lay on a path at
Fallowfield Station
near the site of a
collision between an
OC Transpo bus and
a Via Rail train that
killed six people on
Sept. 18, 2013.
METRO FILE

Bus-train collision memorial

Families and friends of those lost or injured in the Via Rail train-bus collision will have a place to gather and grieve. Ottawa Mayor Jim Watson said the city is still working with friends and family on a location and design for the memorial of the Sept. 18, 2013 tragedy.

2

Central library

The first chapter of the new Ottawa library starts in March. The city will hold a public consultation on the building's future location and features. Watson said there's a "fairly large consensus" that the city needs a new facility to replace the 1970s-era building.



The Ottawa Public
Library at 120
Metcalfe St.
METRO FILE

5 things on Jim Watson's 2015 wish list

5

A design rendering
of the Ottawa
Art Gallery's new
building.
COURTESY THE CITY
OF OTTAWA



5

Arts Court/Bayview Innovation Centre

Construction on two major redevelopments — Arts Court and the old Bayview facility — will begin this year. The first phase of the innovation centre is due to open in 2016 and the Arts Court will open a year later. "Our artists and entrepreneurs tell the story of Ottawa we all know and love," said Watson.

3

Light Rail Transit

The western route and government funding for phase two are still in the works. In the meantime, you will be able to see a mock-up of the LRT vehicles at Lansdowne Park's Aberdeen Pavilion, starting Thursday.



The National Capital Commission's design of the proposed light rail transit route through Rochester Field (pink). The city is currently proposing a partial underground tunnel along Sir John A. Macdonald Parkway, but the NCC has rejected it.
COURTESY NATIONAL CAPITAL COMMISSION



A rendering of
the \$9.2 million
Somerset-Donald
Street Bridge.
Construction on
the cycling and
pedestrian crossing
started on July 24
and is due to be
completed in two
years. COURTESY THE
CITY OF OTTAWA

CITY OF OTTAWA

Two cycling bridges

A cycling and pedestrian link over Highway 417 near Coventry Road will open in a few weeks. Construction for the Somerset-Donald bridge is underway and that link is expected to open next year.

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Kettleman's is doubling the size of its space at its flagship location on Bank Street. COURTESY MIV PHOTOGRAPHY

Bagel business boost has bakery fit to bust

Food. Expansion plans are underway at Kettleman's flagship



JEN
TRAPLIN
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After operating for more than 23 years in its cramped flagship location on Bank Street, Montreal-style bagel shop Kettleman's Bagel Co. is now in the process of completely reinventing itself with a massive expansion.

Longtime manager Andy Stone says as the historic neighbourhood around it continues to evolve, so must Kettleman's.

"We have to keep up with the times here," he admits. "We just had Whole Foods move in across the street and also the Redblacks are back in town, the 67's are here and we just get murdered on game days — the place is a

Have your say

Kettleman's Bagel Co. is refreshing its logo, packaging and online presence and your input is needed. Go to kettlemansbagels.ca and vote for your favourite version of the company's potential new logos.

zoo and we have lineups going to the back parking lot and we have to be able to handle the crowd."

Construction is underway to expand the store from 1,500 square feet to 3,000. The current 11 seats will be increased to 87 and each table will include USB ports and power plug-ins, making it more of a desirable hangout.

Kettleman's will also have a dedicated entrance and exit, improving traffic flow through the doors, a clearly defined lineup area and will

be completely wheelchair-accessible.

Stone says, despite the added space, they don't expect to increase the number of bagels Kettleman's makes in a day because there will still only be one oven to bake them in.

Still, Kettleman's manages to churn out 7,000 to 9,000 bagels a day (that can go up to 14,000 on weekends), all hand-rolled, boiled in honey water and then baked in a giant, wood-burning oven.

There could be some subtle changes to the bagel recipe, though, as the company ramps up its focus on buying local.

"We're doing testing right now," says Stone.

"We're looking at doing a recipe with cage-free eggs, we're also trying out some mixes with organic flour and switched our milk to a smaller dairy. The future for us is we're trying to get everything local."

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Actor and model Megan Fox seen wearing a pair of Manitobah Mukluks.

PHOTO COURTESY SNAPPER MEDIA

Mukluks: Best foot forward

Fashion.

Nordstrom reps to strut aboriginal-owned Manitobah Mukluks at Winterlude



LUCY
SCHOLEY

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Nordstrom may be a U.S. store, but its representatives will be donning Canadian aboriginal footwear at the opening of Winterlude on Friday.

Manitobah Mukluks, a Winnipeg-based, aboriginal-owned mukluk manufacturer, will be warming the feet of about 40 Nordstrom "ambassadors" at the Rideau Canal during the opening festivities.

"They could have picked any brand, whether it was Sorel or UGGs," said Manitobah Mukluks director of communications Tara Barnes.

"Instead they decided to pick mukluks."

Manitobah Mukluks creates footwear that's a mix of traditional Métis moccasins with modern Vibram soles.

John Bailey, a spokesman for Nordstrom, said the store learned about the line during its Calgary opening. It now carries the brand in six of its stores.

The international store will open in the Rideau Centre on March 6.

Meanwhile, the store will have an invite-only fashion show at the Winterlude festival on Friday.

Leading up to the event, there will be Lansdowne Park Snowscapes, skating at the park and on the canal, a giant snow slide and snow soccer at Jacques-Cartier Park, ice sculptures at Confederation Park and more.

Winterlude runs until Feb. 16.

For more information, check out the Canadian Heritage website.

Environment

Ontario mulls CFL bulb landfill ban

Ontario may impose a total ban on disposing of compact fluorescent light (CFL) bulbs in landfills because they contain mercury which can leach into the earth, Environment Minister Glen Murray said Wednesday.

About two to three per cent of the material ending up in landfills is toxic,

and the government is talking with municipalities and industry groups to find ways of diverting CFL bulbs, batteries, paint and similar items from dumps.

Not all such bulbs end up in landfills. The Ministry of the Environment said about 200 tonnes of the bulbs are recycled in Ontario each year through various programs. There is also a program run by the Recycling Council of Ontario called "Take Back the Light." **THE CANADIAN PRESS**

Ontario

Education minister defends new sex ed curriculum

Ontario Education Minister Liz Sandals says she's "quite taken aback" by some criticism over the province's proposed changes to the sex ed curriculum.

Sandals says Ontario students are always taught in an age-appropriate man-

ner. She added that when it comes to consent, situations such as saying no to going somewhere with a stranger or saying no if someone's touch makes them uncomfortable are already taught at the primary level.

Christian evangelist Charles McVety has sounded the alarm through his Institute for Canadian Values, suggesting that teachers will be instructing children how to consent to sexual activity. **THE CANADIAN PRESS**

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Artists bring sun to Winterlude

Latvian symbol. Pair of sculptors create ice horse to celebrate their country's 25th year of independence from Russia

 **SEAN MCKIBBIN**
sean.mckibbin@metronews.ca

It looks like a horse carrying a giant gleaming snowflake in Confederation Park, but don't be fooled. It's no snowflake.

"This is our traditional Latvian symbol for the sun," said one of the sculpture's creators, Karlis Ile.

Ile says the piece tells the story of the mythical horse that brings the sun around the world over a bridge through the sky, uniting all nations.

"There will be symbols on the bridge indicating different countries," said Ile, smiling proudly as he showed it off to media while his partner, artist Maija Puncule, continued to carve.

Other cultures also have similar myths, each with

small variations, he said. The Latvian Embassy in Ottawa asked the pair to create the piece to raise the country's profile with Canadians. 2015 marks the EU member's 25th year of independence from Russia.

"Winters in Latvia can be warm or cold," said Puncule, explaining the gulf stream can warm the Baltic port country to 10C, or its absence can bring frosty temperatures of -25C.

"I look around Ottawa and I see not much difference in winter," he said, chuckling when asked what Latvians like to do in the winter for fun.

"Skating, hockey, staying inside where it's warm."

Other sculptures in the park are less political and more related to a celebration of sports in Canada in 2015.

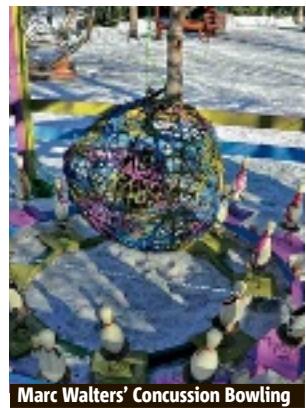
The traditional Crystal Garden ice sculpture contest as well as musical entertainment will draw crowds.

Winterlude events are happening all around Ottawa this weekend on the Rideau Canal Skateway, at Dow's Lake and Lansdowne.

For further details consult www.winterlude.gc.ca.



The sculpture *Saules vedejs* (Bringer of the Sun) by gleams in Confederation Park. SEAN MCKIBBIN/METRO



Marc Walter's Concussion Bowling Game at Winterlude.
SEAN MCKIBBIN/METRO

Getting there

Looking for convenient ways to visit Winterlude sites?

- You can walk, skate, bike, or ride the free OLG Sno-Bus shuttle to and from the sites every Saturday from 10 a.m. to 8 p.m., Sundays from 10 a.m. to 5:30 p.m. and on Family Day, Monday, Feb. 16, from 10 a.m. to 3 p.m.

- The service travels between Confederation Park (across from City Hall) and Dow's Lake on a 10- to 15-minute frequency, with a convenient stop at Lansdowne Park. For more information, visit octranspo.com or call 613-741-4390.

- During Winterlude weekends and on Family Day, Queen Elizabeth Driveway between Laurier Ave. and Preston St., and Laurier Ave. between Elgin St. and Nicholas St. will be closed to traffic.

METRO

Everyone wins in 'concussion' game

Quoted

"I am hoping that some people will talk about what it means for kids to have a concussion."

Marc Walter, environmental artist

Environmental artist Marc Walter has an evil little game for all for Winterlude to play at this year's winter festival.

And although players will be simulating what it would be like to hit someone so hard that they sustain a concussion, Walter hopes the game will start a conversation about concussion syndrome and how important it is for us all to protect our

noggins.

"It's kind of a funny game, but at the same time, I am hoping that some people will talk about what it means for kids to have a concussion, to trigger a dis-

cussion," said Walter from his Wakefield home.

"It's an evil game, but it has a purpose to raise awareness around concussions."

Walter has built a large structure with a wicker-type

ball suspended from the top above a set of bowling pins. The pins have images of hockey players, basketball players and other athletes.

The object is to smash the ball into the pins using a rope and pulley system, creating "concussions" for the athletes displayed on each pin.

Everyone is a winner in this game, says Walter.

The game looks like it

would be fun to play in a bar, but Walter has a deeper purpose.

"Very often people just don't talk about it. Even when I was a kid, you would say, 'be careful,' and that's it."

Walter's game is at Confederation Park across from City Hall for Winterlude, which runs Jan. 30 to Feb. 16.

TREVOR GREENWAY/METRO

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CSE stands by role in hunt for terrorists

Spy agency. A document says that CSE analysts can access information from 10 to 15 million downloads from free sites daily

Canada's electronic spy agency is defending its role in the search for extremists following a report that says it sifts through millions of videos and documents downloaded globally every day through file-sharing services.

Details of the Communications Security Establishment project, called Levitation, are revealed in a 2012 PowerPoint presentation obtained by former U.S. intelligence contractor Edward Snowden, CBC News says.

CBC analyzed the document with U.S. news website The Intercept, which obtained it from Snowden. It also posted the presentation online. The Ottawa-based CSE employs mathematicians, codebreakers, linguists and software experts

with the aim of both collecting foreign secrets and shielding Canada's confidences from prying eyes. The document says that under Levitation, CSE analysts can access information on about 10 to 15 million uploads and downloads of files from free websites each day.

Extremists generally use free file-uploading sites to distribute training materials, while al-Qaida uses them to spread jihadist propaganda, the document says. It notes CSE finds about 350 "interesting download events" per month, citing one on how to make a gas bomb.

"CSE is clearly spying on the private online activities of millions of innocent people, including Canadians, despite repeated government assurances to the contrary," said OpenMedia.ca spokesman David Christopher.

CSE stood by its methods.

"CSE's foreign signals intelligence has played a vital role in uncovering foreign-based extremists' efforts to attract, radicalize, and train individuals to carry out attacks in Canada and abroad," agency spokesman Ryan Foreman said in a statement. **THE CANADIAN PRESS**



Positive E. coli test prompts boil-water advisory for Winnipeg

Winnipeg shoppers were greeted with empty shelves Tuesday after Winnipeg authorities issued a boil-water advisory after a positive E. coli test. The latest tests on Winnipeg's water supply have come back clean, but it could be another day before the city's 700,000 residents can safely drink their water without boiling it. The city says it believes the original samples were false positives.

PHOTO: JOHN WOODS/THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Information sharing

Privacy watchdog concerned over new terror laws

Canada's privacy watchdog is expressing early concerns about information sharing provisions expected in the Conservatives' new anti-

terror laws, as Prime Minister Stephen Harper meets with Toronto police chiefs to win support for the new measures. Daniel Therrien said he's been briefed on the government's new anti-terror bill, and will be closely watching the wording of provisions aimed at increasing information sharing among agencies. **TORSTAR NEWS SERVICE**

Cyberbullying

Accused denies tormenting Amanda Todd

The man accused in the cyberbullying case of British Columbia teen Amanda Todd has denied the allegations against him in a letter

released by his lawyer.

Aydin Coban is suspected of possessing child pornography and blackmailing and harassing victims over the Internet with naked images of themselves. In a letter that his lawyer confirmed was written Coban, the accused says he is innocent and is not "the so-called tormentor" of Todd. **THE CANADIAN PRESS**

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Jordan offers prisoner swap to ISIL in bid to save pilot

Hostages. Extremists threaten to kill both if would-be hotel bomber not freed

Jordan offered a precedent-setting prisoner swap to ISIL on Wednesday in a desperate attempt to save a Jordanian air-force pilot the militants purportedly threatened to kill along with a Japanese hostage.

Meeting the Islamic State of Iraq and the Levant's demand for release of a would-be hotel bomber linked to al-Qaida would run counter to the kingdom's hard-line approach to the extremists, but the government faces growing domestic pressure to bring the pilot home.

Efforts to release the pilot, Lt. Muath al-Kaseasbeh, and Japanese journalist Kenji Goto gained urgency with the release late Tuesday of a purported online ultimatum claiming ISIL would kill both hostages within 24 hours if the al-Qaida-linked

prisoner was not freed.

By Wednesday evening, there was no word on the fate of the hostages and no sign that a swap was underway. In a possible indication of a holdup, Jordan's foreign minister wrote on his Twitter account that Jordan had not received evidence the pilot was alive and healthy.

The scope of a possible swap and of ISIL's demands also remained unclear. Jordanian government spokesman Mohammed al-Momani said Jordan is ready to trade the prisoner, an Iraqi woman convicted of involvement in deadly Amman hotel bombings in 2005, for the pilot. Al-Momani made no mention of Goto, and it was not clear if the swap proposed by Jordan would satisfy the hostage-takers.

Any exchange would set a precedent for negotiating with ISIL, which in the past has not publicly demanded prisoner releases. Jordan's main ally, the United States, opposes negotiations with extremists.

THE ASSOCIATED PRESS

Tokyo A mother's pleas

In Tokyo, Junko Ishido, the mother of Japanese journalist Kenji Goto — whom ISIL militants are holding and threatened to kill alongside Jordanian pilot Lt. Mu'ath al-Kaseasbeh — appealed publicly to Prime Minister Shinzo Abe. "Please save Kenji's life," Ishido said, begging Abe to work with the Jordanian government until the very end to try to save Goto.



Junko Ishido. THE ASSOCIATED PRESS



A woman watches a TV news program Wednesday in Tokyo reporting on a video posted on YouTube by jihadists on Tuesday that purports to show a still photo of Japanese hostage Kenji Goto, holding what appears to be a photo of Jordanian pilot 1st Lt. Mu'ath al-Kaseasbeh. RAAD ADAYLEH/THE ASSOCIATED PRESS

Hezbollah hits Israeli convoy, kills two soldiers



Israeli soldiers treat a wounded soldier near the Israel-Lebanon border on Wednesday. GILI ELIYAHU/JINIPIX/THE CANADIAN PRESS

Missiles fired by the Lebanese Hezbollah group struck an Israeli military convoy on Wednesday, killing two soldiers in an apparent retaliation for a deadly airstrike attributed to Israel that killed six Hezbollah fighters in Syria earlier this month.

It was the deadliest Hezbollah attack against Israeli forces since a 2006 war between the two sides.

Israeli Prime Minister Benjamin Netanyahu said Israel would respond "forcefully" to the attack. The military launched aerial and ground

assaults on Hezbollah positions, including at least 50 artillery shells, according to Lebanese officials.

A Spanish peacekeeper was killed in the border flare-up in southern Lebanon.

In a statement, Hezbollah said its fighters destroyed a number of Israeli vehicles that were carrying Israeli officers and soldiers and caused casualties among "enemy ranks." The soldiers' ranks were not immediately known.

Hezbollah said the attack was carried out by a group

calling itself the "righteous martyrs of Quneitra," suggesting it was in retaliation for an Israeli airstrike on the Golan Heights on Jan. 18 that killed six Hezbollah fighters and an Iranian general.

Ever since, Israel has braced for a response to the strike, beefing up its air defences and increasing surveillance along its northern frontier.

The Israeli military said several anti-tank missiles hit an Israeli military convoy near Mount Dov and Chebaa Farms, a disputed tract of

land where the borders of Israel, Lebanon and Syria meet. The two soldiers were killed in the strike and seven others were wounded, the military said.

About an hour after the attack, mortars were fired at several Israeli military locations on Mount Dov and Mount Hermon, the Israeli military said. No injuries were reported in that attack. The military said it responded with fire toward Lebanese positions and evacuated Israeli visitors from a ski resort in the area. THE ASSOCIATED PRESS

Nigeria

Islamic extremists attack villages

Islamic extremists are rampaging through villages in northeastern Nigeria, killing, burning and looting with no troops protecting civilians, said fleeing villagers on Wednesday.

More than 40 people have been killed in seven

villages in Adamawa state this week, according to resident Emmanuel Kwache.

"They slaughtered people like rams and they burned down our houses after looting food," Kwache said. "There's no presence of troops. Some residents are hiding on top of hills, while those that could not run were abducted, particularly youths and women."

THE ASSOCIATED PRESS

Denver

Friend disputes police account of shooting death

A teenage passenger who was in a car when a 17-year-old girl was shot and killed by Denver police has disputed authorities' account of her death, saying officers opened fire before one of them was

struck by the vehicle. The shooting occurred amid a national debate about police use of force, fuelled by racially charged episodes in Ferguson, Mo., and New York City. The passenger, speaking to The Associated Press on the condition of anonymity, said her friend, Jessica Hernandez, lost control of the vehicle because she was unconscious after being shot.

THE ASSOCIATED PRESS

1961 case

Judge tosses the convictions of nine civil-rights activists

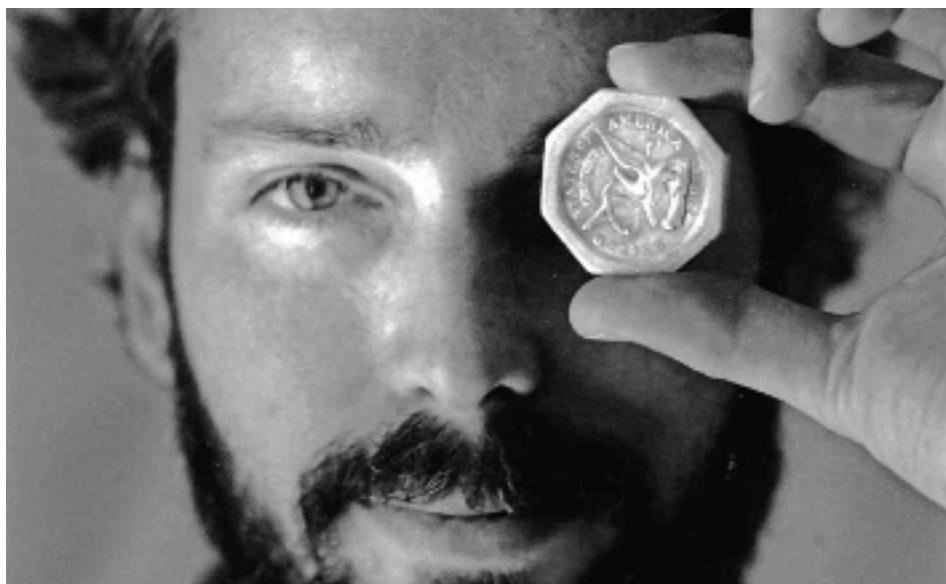
The convictions of nine black South Carolina men who integrated a whites-only lunch counter during the height of the American civil-rights movement were tossed out Wednesday during an

emotional hearing before a packed courtroom.

"We cannot rewrite history but we can right history," Judge Mark Hayes said as he made the ruling for the men known as the Friendship 9, and those in court clapped and cheered.

Prosecutor Kevin Brackett apologized to the men — eight of whom were in court. The ninth has died.

THE ASSOCIATED PRESS



In this 1989 photo, Tommy Thompson holds a \$50 pioneer gold piece retrieved from the wreck of the gold ship Central America. According to the U.S. Marshals Service, Thompson, a fugitive treasure hunter wanted for more than two years, has been arrested in Florida. LON HORWEDEL/THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Elusive treasure hunter arrested

The Ship of Gold. Man went into hiding after investors sought their share of \$50M haul

A treasure hunter locked in a legal battle over one of the greatest undersea hauls in American history has been arrested in Florida after more than two years on the lam, authorities said Wednesday.

The U.S. Marshals Service tracked Tommy Thompson to a hotel in Palm Beach County and arrested him Tuesday, said Brian Babtist, a senior inspector in the agency's office in Colum-

bus, Ohio.

Thompson made history in 1988 when he found the sunken S.S. Central America. Thompson and his crew brought up thousands of gold bars and coins from the shipwreck. Much of that was later sold to a gold marketing group in 2000 for about \$50 million.

The 161 investors who paid Thompson \$12.7 million to find the ship never saw returns from the sale.

Gil Kirk, a former director of one of Thompson's companies, said last year that Thompson never cheated anyone. Kirk said proceeds from the 2000 sale of the gold all went to legal fees and bank loans.

"He was a genius, and they've stolen his life," Kirk said of those who sued.

Thompson went into seclusion in 2006, moving into a mansion in Vero Beach, Fla. Six years later, after the arrest warrant was issued, Thompson vanished.

When the property's caretakers searched it, they found prepaid disposable phones and bank wraps for \$10,000 scattered about, along with a bank statement in the name of Harvey Thompson showing a \$1 million balance, court records say.

Also found was a book called How to Live Your Life Invisible.

THE ASSOCIATED PRESS

Boston

Creature stalks the frozen wastes during blizzard

The monster storm in Boston has brought with it another monster: a yeti.

The white, furry phantom has been getting laughs by walking through the blizzard in a sasquatch suit. One was spotted in downtown Copley Square. Another was sighted trying to hail a cab in suburban Somerville.

The abominable snowman hasn't yet revealed his or her true identity.

THE ASSOCIATED PRESS

Tampa, Fla.

Cat earns 10th life after digging itself out of grave

Bart the cat was hit by a car, buried and crawled back from the dead.

A car hit the 1 1/2-year-old cat in Tampa, Fla. Five days later, on Jan. 21, a ragged Bart emerged from his shallow grave. Bart was dehydrated and hungry, had a broken jaw, a ruptured eye and a torn-up face — but it was alive. The cat underwent surgery on Tuesday and is expected to recover in about six weeks.

THE ASSOCIATED PRESS

Sweden

Pool opens neutral-gender change room

A public swimming pool outside the Swedish capital is reopening this weekend after building a third change room for people with a "neutral gender identity."

The city of Sundbyberg says it's the first LGBT-certified swimming pool in Sweden. The new room, designed for one person at a time, can also be used by people with disabilities or those who prefer privacy because of religious beliefs. THE ASSOCIATED PRESS

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Internet

Yahoo spins off valuable stake in China's Alibaba

Yahoo CEO Marissa Mayer is losing a precious security blanket now that she is spinning off the Internet company's prized stake in China's Alibaba Group into a new entity called SpinCo.

Ownership of 384 million shares of Alibaba stock, currently worth \$39 billion US, represent the main reason that Yahoo's stock has more than tripled since Mayer became CEO. Investors viewed Yahoo as another way to own a piece of Alibaba. As long as there was a link to the e-commerce company, it almost didn't matter that Yahoo's own digital services have been struggling to generate more revenue.

With the Alibaba stake jettisoned, Mayer will be under greater pressure to prove she can rejuvenate one of the Internet's oldest companies.

THE ASSOCIATED PRESS

Tim Hortons bound by layoff restrictions

Takeover. Industry Canada says Burger King has agreed to keep 80 per cent of corporate jobs

Ottawa has restricted Burger King from eliminating more than 20 per cent of corporate staff at 'Tim Hortons' long-time headquarters or regional offices, an Industry Canada spokesman confirms.

The newly-merged company Restaurant Brands International is required to "maintain significant employment levels" of non-restaurant employees, as part of the list of commitments the fast food behemoth made to get final approval in December from the federal government to seal the \$12.5 billion deal.

Although it wasn't announced at the time, Industry Minister James Moore actually secured a more definitive commitment that



Tim Hortons franchises employ 96,000 restaurant workers and are barred from reducing staffing levels under an agreement reached with Burger King, according to Industry Minister James Moore's press secretary, Jake Enwright.

THE CANADIAN PRESS FILE

Burger King maintain 80 per cent of Tim Hortons' "entire corporate footprint" at both the Oakville head office and regional offices across Canada, said his press secretary, Jake Enwright.

Tim Hortons still refused Wednesday to publicly divulge the exact number of

people who were laid off this week, although media speculation has run rampant that up to 40 per cent of middle managers were swept up in the round of layoffs that began Tuesday morning, just six weeks after the controversial takeover was completed.

TORSTAR NEWS SERVICE

Employment. Sidewalk job hunter snags career

Innovative thinking — and stamina to brave the frigid weather — has finally paid off for Xingyi Yan.

The University of Toronto grad took to city streets a few months ago with a sandwich-board sign advertising that she was available for hire. Now, she's a search analyst at advertising company Reprise Media.

Her new job ties in with her effort. Someone who passed Yan on the street took her resumé, referred her to a network for marketing professionals and she spotted the opening at Reprise Media.

A week later, she had a job interview. Overall, Yan



Xingyi Yan at her desk at Reprise Media. CARLOS OSORIO/TORSTAR NEWS

said, she landed more than a dozen job interview opportunities out of the campaign.

GILBERT NGABO/METRO IN TORONTO

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VOICES

CRIMINALIZING DISSENT

Terrorism “endorsement” law a half-baked idea that would make free thought illegal

 **OMAR MOUALEM**
readers@metronews.ca

Last Sunday, Prime Minister Stephen Harper, standing before a humongous Canadian flag, promised a new anti-terror bill that would “help authorities stop planned attacks, get threats off our streets and” — insert record scratch — “criminalize the promotion of terrorism.”

Such a law is intended to prevent another Parliament shooting, but without a Criminal Code definition of “terrorism” (just a robust definition of “terrorist activity”), does it also leave us vulnerable to an attack on free expression?

We can assume Harper was referring to jihadi terrorism — not environmental terrorism or white su-

premacist terrorism — since that was the crux of his campaign-tinted speech at an Ottawa secondary school. But we’ll see tomorrow, as he is poised to unveil the proposed legislation Friday. The Liberals are backing it.

“Glorification of terrorism” laws have been on Harper’s radar for a while, and they’ve intensified after incidents in October that claimed the lives of two Canadian soldiers — one in Quebec and another in Ottawa on Parliament Hill. French authorities recently used a glorification law to arrest comedian Dieudonné M’bala, who posted “I feel like Charlie Coulibaly” (Coulibaly being the last name of one of the Paris gunmen) on Facebook.

Two researchers, from the universities of British Columbia and Waterloo, recently assessed a pro-

spective glorification law for Canada and concluded: “The chill effect on speech would be potentially enormous ... The measures may also be counterproductive, diminishing the very speech that may contain strategic and tactical intelligence for counter-terrorism investigators.”

To be clear, our Charter of Rights and Freedoms already prohibits expressions of violence, threats of violence and general hate propaganda. With sweeping powers such as preventative detention already in its possession, it’s difficult to understand why law enforcement needs anything more.

Criminalizing “endorsements of terror” could target speech with only vague intent.

And the law doesn’t like vagueness. It recoils at vagueness. It shrivels and breaks apart.

An endorsement, we can assume, is a public or private approval of terrorism — systematic violence to coerce a government or community (I’m just deferring to the Oxford dictionary now, since I can’t rely on the criminal code for a definition yet). A Canadian might endorse or glorify terrorism because he or she is trying to test the waters with their audience and organize an attack, sure, but a Canadian might also do so for more complex reasons that we won’t begin to understand if we pre-emptively shush them.

Some Canadians’ families are from countries where their elected governments are also threats to national security, or belong to a marginalized ethnic group that, overseas, is protected by a certified terrorist organization.

Prepare to read many “endorse-

ments” of terrorism as Israel prepares to retaliate against Lebanon for the killing of two IDF soldiers by Hezbollah missiles.

Are they, and anyone who retweets an ISIL beheading video, or likes M’bala’s comments, guilty by association?

And what else are we willing to criminalize in the name of small security?

Regardless of how shocking and, yes, potentially dangerous, these “endorsements” may be, they have the right to be expressed — then criticized, debated or mocked.

Apparently, though, this isn’t enough for the Harper government.

Is it enough for you?

Omar Mouallem is an Edmonton-based writer and editor of The Yards.

No good deed goes unpunished by law enforcement

 **KRISTEN THOMPSON**
readers@metronews.ca

I’m your average Canadian — polite, apologetic and law-abiding. I like that rules are in place to maintain order and fairness.

But there’s something wrong with a legal system that punishes Good Samaritans — and by extension the people they are trying to help.

Take the recent story of a Calgary woman who was fined \$250 for giving her transit pass to a man who was down on his luck. The woman, who had two passes, says she was trying to be generous by gifting her pass to someone in need. A transit officer fined them both.

“It’s not about the money or the fine, but about the way David was treated,” the woman told Metro in a recent interview. “Calgary is supposed to be a place where we look out for each other.”

She’s right. Rules, 99 per cent of the time, should be enforced. But if we can’t make exceptions for those cases when mistakes are made or, when a broken rule helps give someone a boost, then we’ve become automatons with no capacity for discretion and compassion.

The enforcement of draconian rules — simply because they are rules — happens a lot.



Sgt. Al Lerner speaks with Arnold Abbott, a 90-year-old chef, as he warns him that he will be cited for feeding the homeless in violation of a city law in Fort Lauderdale, Fla. in November. JOE RAEDLE/GETTY IMAGES FILE

A Toronto restaurant that caters to disabled diners is facing tens of thousands of dollars in fines from the city because a newly built ramp violates a bylaw by several centimetres. Rules are rules, says the city, and the expensive ramp must be dismantled.

Then there are the municipalities, at least 30 in the U.S., that are cracking down on food distribution programs for the homeless. In a shocking example of NIMBYism, Fort Lauderdale, Fla., “feeding sites” must now be more than 500 feet away from residential properties and must not oper-

ate outdoors. In that city, a 90-year-old man — who, along with two ministers — has been feeding the homeless in public for 23 years now — faces jail time and a fine for the crime of handing out food to the hungry.

I’ve run into similar situations on a much smaller scale. On a recent

Correction

In a column published on the Voices page on Jan. 28, Metro incorrectly identified a woman killed in Winnipeg. Her name is Tina Fontaine. Metro regrets the error.

flight, a fellow passenger with splints on her arms asked me to lift her carry-on into the overhead storage. A flight attendant put a quick stop to this, informing us that no one except the passenger was permitted to lift luggage on the plane. Neither of us was fined, obviously, but it was another case of hard-and-fast rule-following that seemed ridiculous given the situation.

We, the rule followers and rule enforcers, need to ask ourselves two questions: First, who are these laws protecting? Anyone? No one? And who are these laws hurting? The needy? The giving?

Rules are there to protect us, to make the world better and safer. But zero-tolerance policies are missing the point, and when our laws hurt rather than help, they are not really doing their job.

Follow Kristen Thompson on Twitter at @KristenThom

Gossip

NED EHRBAR METRO'S TAKE ON THE WORLD OF CELEBRITIES



Gabrielle Union ALL PHOTOS: GETTY IMAGES

Gabrielle Union makes us all feel really old

Being Mary Jane star Gabrielle Union takes issue with some of the tactics of those reporting on Hollywood. "The fact that I can do a press junket for a movie and people ask what's happening in my uterus says a lot," she tells Yahoo Style.

"They want 110 per cent of what you have to offer." I sincerely hope she's

talking about what she as an actress and celebrity has to offer, and not what her uterus has to offer, because that's just weird.

But she has some other things to talk about, too, like how she would cast a reboot of Bring It On.

Wait, hold on, that movie is 15 years old, and Union still looks pretty much the same as she did

when she filmed it. Why would anyone be talking about rebooting it?

Anyway, hypothetically speaking, here's what she thinks: For her role? Keke Palmer, with Dakota Fanning taking over the Kirsten Dunst role and Selena Gomez stepping into Eliza Dushku's "bad-girl role." Way to make us all feel old, Gabrielle.



Lindsay Lohan

More legal woes for Lindsay Lohan

Did Lindsay Lohan forget some of her court-mandated obligations when she packed up and moved to London last year? That's what prosecutors worry, and they may be looking to lock her up if she can't prove she's completed the 240 hours of court-mandated community service she

was assigned for her 2012 reckless driving case. Santa Monica Chief Deputy City Attorney Terry White says he doubts Lohan completed 80 hours of community service in nine days as documentation presented by Lohan's attorney on Wednesday claims. **WITH FILES FROM THE ASSOCIATED PRESS**

Sam Smith wants the fame, but not the flaws

In a candid, far-reaching GQ Magazine interview, Grammy nominee Sam Smith reveals his desires to be a pop star — but not, you know, be a pop star. If that makes any sense. "I don't want to lose my mind or my humour. I want to be a pop star, but I also don't want to be a pop star," he says. "I will never act like some of the current pop stars have acted toward me. We can be friends, you know? We can. It's not a competition. There's space for all of us." Frustratingly, he does not name names, but who wants to make guesses as to which divas he's talking about?



Sam Smith

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Genre-bending author makes everyone look lazy



Abraham Lincoln: Vampire Hunter author Seth Grahame-Smith's new novel, *The Last American Vampire*, is now in stores. GETTY IMAGES

Fiction. Novelist, director, producer and screenplay writer Seth Grahame-Smith is also part of the writing team for this year's Academy Awards

Seth Grahame-Smith's life could be described as a mash-up. He's author of the best-seller *Abraham Lincoln: Vampire Hunter*, and the followup — *The Last American Vampire* — is now in stores.

Grahame-Smith is also busy with several other projects, including his directorial debut on the film *Something Wicked This Way Comes*, writing and co-producing the sequel to *Beetlejuice*, writing two Lego movies and writing a pilot for CBS.

He's also on the writing team for this year's Academy Awards. In a recent interview, Grahame-Smith said the Oscars have always been a big deal in the Grahame-Smith household" and that he usually throws viewing parties when the awards are presented. This year, he'll be "in a tux, back-

stage. That'll be fun."

In a recent interview, the 39-year-old talked about his new book, juggling projects and teaching through entertainment.

Should you get credit for creating the mash-up?

I don't think that *Pride and Prejudice and Zombies* or *Abraham Lincoln: Vampire Hunter* created the mash-up, I just think they popularized it. I think there were mash-ups before, and I think, there were certainly people blending genres, and writers way better than me and far longer ago, who were playing with the idea of mixing fantasy and horror or mixing science-fiction with romance. I think I just happen to do it in a very loud and obnoxious way and was lucky enough to do it a time when people were receptive to it.

You write about historical figures, vampires and zombies, but you do a lot of research for your books. There are facts in these stories.

I give you some medicine with your sugar. I give you a



little bit of real history — just enough so you know something about that time period so you can discuss it at a dinner party; as long as you don't go further than that and add the part where vampires start cutting each other's heads off and everything.

How do you keep track of your projects?

A typical day now might be: I work on some Lego movie stuff, I work on some *Beetlejuice* stuff and then I jump

over here and work on Oscars, and then I jump back and I work on who knows what else, but it's great! I love being busy. I love the challenge of it, I love the engagement of it ... At some point all of this goes away and, you know, you get bounced out of the writing business or bounced out of Hollywood one way or another. Almost everybody does. So, I'm just trying to enjoy it while it lasts.

Do you ever procrastinate when you're writing?

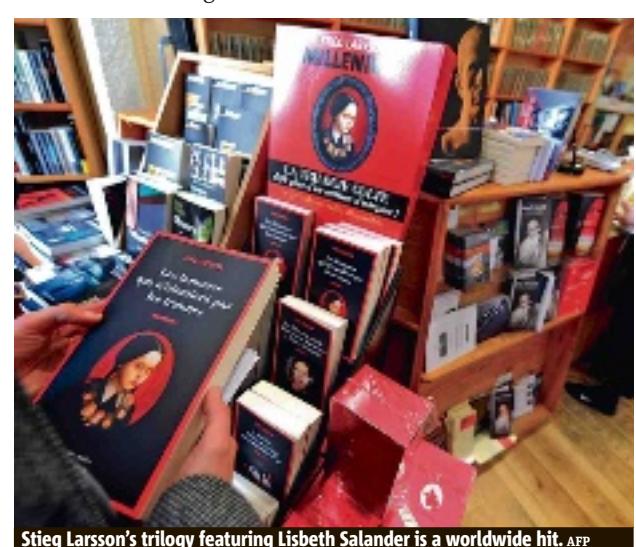
I procrastinate all day. In 12 hours of sitting at the computer desk every day, I probably do 2-1/2 hours of writing, if I'm being generous. Because there are other things going on. There are phone calls to be returned, there are meetings to be had, lunches to go to, there are emails to browse through and then ... who doesn't love Twitter or Facebook or Reddit or Gawker or Gizmodo or Huffington Post or any of the 2,000 sites I read religiously every day, all day? You need to keep the writing muscles in shape.

THE ASSOCIATED PRESS

Next entry in Stieg Larsson's crime series lands in August

A sequel to late Swedish author Stieg Larsson's best-selling Millennium crime trilogy will go on sale in at least 35 countries in August, the book's publishers said Tuesday.

That Which Does Not Kill was completed by David Lagercrantz, known for co-authoring Swedish soccer star Zlatan Ibrahimovic's autobiography. He stands in for Larsson, who died in 2004 at the age of 50.



Stieg Larsson's trilogy featuring Lisbeth Salander is a worldwide hit. AFP

The book will continue the story of troubled but resourceful heroine Lisbeth Salander, first made famous in *The Girl with the Dragon Tattoo*.

But the author remained tight-lipped about the meaning of the title or what direction the action-packed political thriller — 500 pages long in Swedish — will take.

"What I wanted to make use of in the book was the vast

mythology that Stieg Larsson left behind, the world he created," Lagercrantz told the daily *Dagens Nyheter*, adding that he remained loyal to Larsson's writing style, which weaved criticism of social and political issues with criminal intrigue.

"Lisbeth Salander's not just any superhero. She's not only great because of her talents, but also because of her context and background," AFP

Salander sequel

- At the time of his death Larsson reportedly had plans to write at least another seven novels.
- Larsson's publishers, Nordstedts, say the first three books in the Lisbeth Salander series have sold 80 million copies worldwide since the first book went on sale in 2005.
- The Aug. 27 release of the next book is being compared to the hype surrounding Dan Brown's *Da Vinci Code* in 2003.

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Vincent Mantsoe / Compagnie NOA • Photo: Meinrad Heck

3

THE

Right this way to a new lingerie

Style. Flamboyant or minimalist, here are the coming season's undergarment trends

The organizers of the Parisian trade show Salon International de la Lingerie presented some of the leading underwear trends for Fall-Winter 2015-2016 this week.

The season offers something for everyone, with lingerie that is sophisticated, seductive, simple, or all of the above.

Last year, an overriding trend emerged from the lingerie collections in Paris: "erotic glam."

Designers presented their undergarments as tools of seduction that were sexy, or even kinky, yet always glamorous and refined.

While this vision still shows through in some of the Fall-Winter 2015-2016 collections, there is much more diversity in the lingerie world this season.

Underwear brands have designed collections to suit every woman, from those who think seduction starts with comfort to those looking for extravagance above all else.

The provocative '80s

From outerwear to lingerie, the styles of the '80s have influenced fashion for more than three decades now.

But lingerie designers are taking things to a new level this year with eccentric, often unconventional pieces inspired by the decade of big hair. For the most part, this means amplified volume and flashy colours.

Sexy, seductive and exuberant, the woman of the '80s has long been represented in lingerie by French



Madame Aime is pointing up minimalist chic this season in simple yet seductive pieces such as this partially sheer bodysuit.

MADAME AIME / AFP

designer Chantal Thomass, who has never hesitated to redefine the feminine silhouette.

This year, however, several other designers have taken on a similarly decadent style.

Their collections are full of push-up bras, high-waist panties and corsets, all in high-end materials such as silk and lace, with refined accents such as jewels, Lurex embroidery or gold thread.

I.D. Sarrieri, for example,

designed a bustier that places particular emphasis on the breasts and the hips, calling to mind Jean Paul Gaultier designs.

Huit has decked out its latest collection with silver thread, while Au bade chose to put lace in unexpected places, such as around the neck and in a garter belt that



LA SENZA CHANNELS THE ENERGY OF THE 1980S WITH THIS BOLD NUMBER. PUSHUP MERRYWIDOW, \$59.50, LASENZA.CA

sho w y decora- t i o n . S o m e de sign- ers are even pre- senting ver- sible items to be worn either as lingerie or as outer a p p a r e l , such as bras that can pass as crop tops or ban- deaus. S t i l l sexy, of course, these de- signs reflect the thinking that seduction is

Capsule collection

Louboutin and Von Teese launch lingerie line

Paris- ian shoe designer Christian Louboutin has teamed up with American burlesque star Dita Von Teese on a capsule collection.



The seven-piece line includes a bra, bodice and suspenders, all featuring black lace and an all-over print designed by Louboutin, and also decorated with red Swarovski crystals.

The print includes Rococo-style scenes with sexy burlesque dancers, French maids and male lovers draped in sheets, as well as Louboutin's famous red-soled shoes, of course. The XXXtian pieces are available exclusively from Glamuse.com.

more about natural confidence than sophisticated adornment.

Bodysuits and athletic-style bras (without cups) are among the leading examples of this trend, seen mainly in neutral shades (white, black, brown, grey, beige). Madame Aime and Fishbelly lead the charge, presenting sportswear-inspired ensembles that simply hug the body's natural curves rather than reshaping them.

AFP



Victoria's Secret keeps it simple with a toned-down baby-doll. \$39.50, victoriassecret.com

laces up around the waist.

'90s-style minimalism

On the other hand, some of the new collections reflect the minimalist styles of the '90s, playing up comfort and simplicity rather than

red. Poppy red and bright blue are the colours of the coming season, according to Dr. Martens. The brand decided to expand its offering of monochrome footwear with two shades that are sure to get fashionistas' feet noticed. Three leather models have been transformed for this special collection: the Alexei brogue, the three-eyelet 1461 shoe and the eight-eyelet 1460 boot. AFP

Trends Report

New year, new 'do

Go online to Trends Report to see why going grey on purpose is one of the top hair colouring trends this season.

FOLLOW TRENDS REPORT
COLUMNIST IRENE KUAN ON
TWITTER: @METROIRENEK
AND ON INSTAGRAM: @KUANIRENE

Canadian street style

Name: Talia Brown

Age: 30

Occupation:
Stylist and personal shopper

What she's wearing
Aritzia hat, Free People dress, Club Monaco



sweatshirt, Sentaler coat, Tristan cape, Calvin Klein tights, Pour La Victoire shoes, Bag Givenchy.

Her inspiration

"Classic Bohemian, ready to take on the cold winter weather. Layers can come and go as the sun does."

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Colourful to boot

Doc Martens turn red and blue for spring

The British brand is giving three of its iconic footwear designs a monochrome makeover this season, turning everything from the soles to the laces blue or



Take a seat: A chair for all reasons

Decor question. Find me a chair that can be put to use in many areas of my home

I need more dining chairs for occasional dinner parties and I'd like to find an all-purpose chair to use in the dining or living room when extra guests need a seat.

—Mark, via email



The perfect chair is one that sits discreetly at the dining table, looks pretty in a bedroom corner or helps host a large gathering in the family room. The prerequisites for this everything-to-everyone chair are comfort (for long dinners), style (for staring at morning and night in the bedroom), and petite (so it's easy to move around). Here's a lineup of the best.

Danish beauty

Designer Ceci Thompson's fresh approach on Danish style offers mix of wood and upholstery comfortable enough to sit or dine. Austin Chair, \$299, CB2.com



Armed with options



Choose your wood stains and fabric colours for a custom chair with solid-looking style. Tokai Armchair, \$1,995, Avenue-Road.com

Piping dream

Upholstered legs and white contrast piping gives this four-legged friend a sleek look. Valentin Arm Chair, \$299, EQ3.com



Buttoned up

Tailored upholstery with classic button tufting equals great sex appeal. Spring Chair, \$199, Structube.com



Got it plaid

Ever so handsome — just waiting for a dinner date. Henriksdal Chair, \$99, IKEA.com



Deco delight

Sleek deco curves are welcome at any table or sitting area. Carol Channel Chair, \$1,075, Elte.com



Wing into spring

It looks like bold primary colours are going to be big news for spring. Give your home an instant update with some of these bright, bird-themed interior accessories

AFP



Branch out

Italian lighting studio Foscarini is known for its playful and contemporary designs. Get the effect with the Birdie Floor Lamp, inspired by the form of a tree with a little branch ready to welcome a bird. Available from Milia Shop for approximately \$503.

MILIA SHOP

Let the feathers fly

Make your own bird mobiles for kids with this cute craft kit designed by illustrator Alice Melvin for the Tate. Available for approximately \$15.



ALICE MELVIN/TATE SHOP 2014



The sleekest of beaks

Japanese cast-iron studio Kamasada has created this minimalist and stylish bird ornament designed by craftsman Nobuho Miya. Available at the V&A Museum shop for approximately \$180.

KAMASADA IRONWARE/
V&A ENTERPRISES LTD.



Light takes flight

Lucellino, a combination of the Italian words for light (luce) and bird (uccello), is a quirky and humorous table lamp designed by Ingo Maurer. Available from The Conran Shop for approximately \$642.

INGO MAURER/THE CONRAN SHOP



Wise choice

This Pickle cushion from U.S.-based studio Gray Pigeon is a cute way of brightening up interior spaces with its bold design and vibrant touches of red and yellow. Available from approximately \$68.

GRAY PIGEON

Where beer, beans and chocolate make sense

Dinner. Keep this Chocolate Chip and Stout Chili family friendly by containing the heat

"This recipe comes from my friend Aimee, who originally sourced it from Nigella Lawson," writes Jan Scott in Gatherings, which she co-authored with Julie Van Rosendaal. "In my version, the flavours are mild, keeping it very family friendly, but you can certainly boost the heat by adding a fresh sliced and seeded chili pepper, as Nigella suggests in her original recipe."

"You can serve this as part of a casual Mexican-inspired buffet by adding baskets of crisp tortilla chips, sour cream, shredded cheese, fresh cilantro, pickled jalapeños, green onions and lime wedges, or just as it is alongside a floury dinner roll or hunk of cornbread."

1. Preheat the oven to 300 F (150 C). Heat the olive oil in a large ovenproof pot (with lid)



This recipe serves eight to 10 people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

and add the ground beef and sausage. Brown the meat on medium heat, breaking it up as it cooks.

2. Add the onion and garlic and cook until soft and translucent, about 8-10 minutes.

Stir in the cumin, coriander, cinnamon, cardamom and chili powder; mix well to combine.

3. Stir in the tomato paste, ketchup, beans and crushed tomatoes; add the stout and

bring the chili to a boil.

4. Once it starts bubbling, remove the pot from the heat. Sprinkle the chocolate chips over the chili, cover with the lid and transfer the pot to the oven, cooking for 3 hours.

Ingredients

- 2 tbsp (30 ml) olive oil
- 2 lb (1 kg) lean ground beef
- 2 lb (1 kg) sausages, casings removed
- 3 medium onions, peeled and finely chopped
- 4 cloves garlic, peeled and finely chopped
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cinnamon
- 1/2 tsp (2.5 ml) ground cardamom
- 2 tbsp (30 ml) chili powder
- one 5 1/2 oz (156 mL) can tomato paste
- 1/4 cup (60 ml) ketchup
- three 14 oz (398 ml) cans red kidney beans, drained
- three 14 oz (398 ml) cans crushed or diced tomatoes
- one 16 oz (475 ml) can stout beer (such as Guinness)
- 1/2 cup (125 ml) semi-sweet chocolate chips
- salt and pepper to taste

Cookbook of the Week

Gather 'round for delicious eats



GATHERINGS
Julie Van Rosendaal and Jan Scott



While other cookbooks focus on recipes, Gatherings also shines the spotlight on real situations that bring people together — casual weeknight dinners, baby showers, birthday parties, big family gatherings, game nights, date nights or even Sunday suppers. Not only does each section include recipes but also drink or cocktail, easy serving, decor and presentation suggestions. METRO



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Side. Real Baked Beans

1. Put the dry beans in a large saucepan and add enough water to cover by a couple inches. Set aside to soak for 8 hours, or overnight.

2. Add the onion to the pot and bring to a simmer over medium-high heat; cook for 45 minutes, or until the beans are just tender.

3. Drain off the water and put the beans and onion in a baking dish. Preheat the oven to 325 F (160 C). Add the remaining ingredients to the pot, stir well to combine, cover and bake for 2-3 hours, stirring once or twice, until the mixture is thick

and sticky and the beans are very tender.

Ingredients

- 1 1/2 cups (375 ml) dry white beans
- 1 onion, finely chopped
- 3/4 cup (185 ml) ketchup
- 3/4 cup (185 ml) barbecue sauce
- 1 cup (250 ml) beer, apple juice or chicken stock
- 1/4 cup (60 ml) packed dark brown sugar
- 1/4 cup (60 ml) apple cider vinegar
- 2 tbsp (30 ml) yellow or grainy mustard



This recipe serves eight people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

For your phone

MSN Food & Drink
(iPhone/iPad/
Windows Phone;
free)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

Using Microsoft's organizational tiles, this app consolidates recipes, news articles, chef profiles and instructional videos from the Web into a collection that's big on selection, but low on instructional steps.



Spezza prepared for an emotional return

NHL. Former Sens star unsure of how he'll be received by the fans in his first game at Canadian Tire Centre since leaving Ottawa

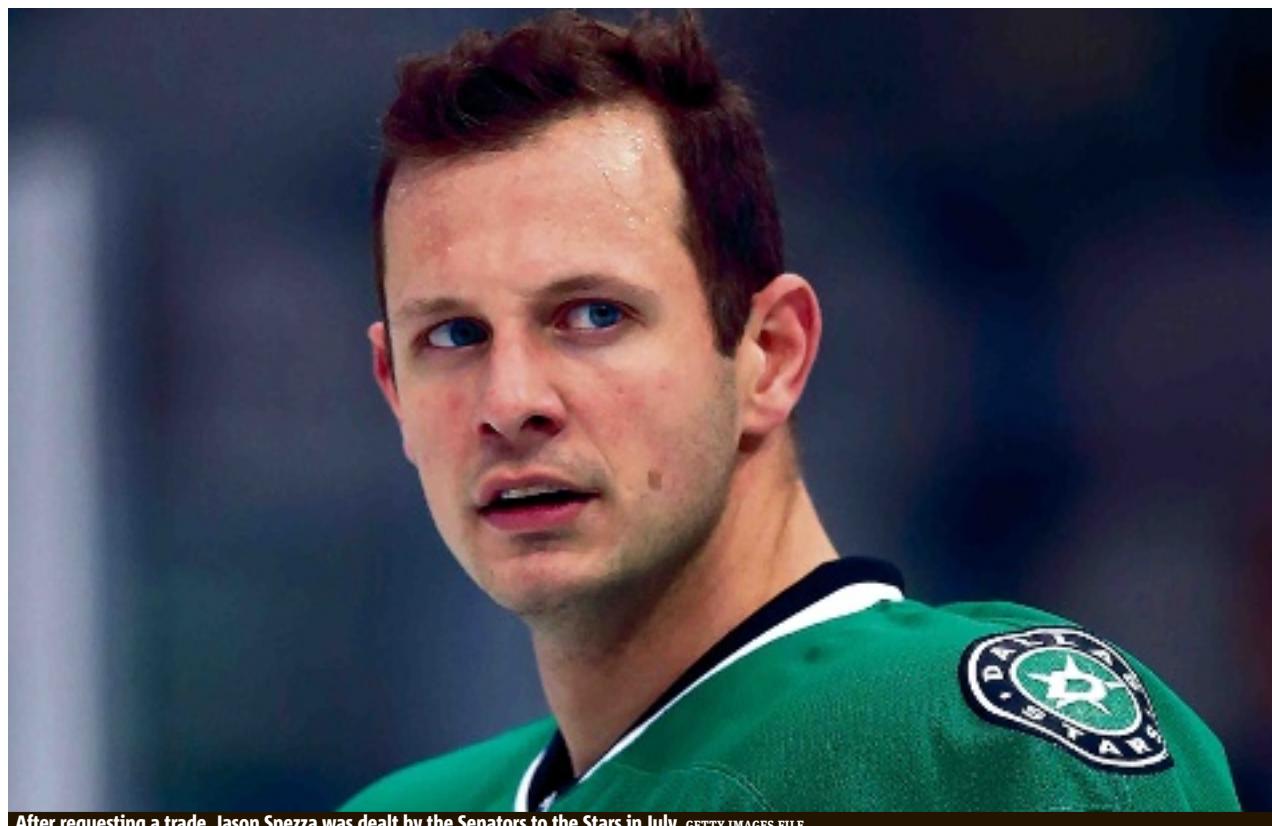
Jason Spezza isn't quite sure what to expect when he steps on the ice at Canadian Tire Centre for the first time as a visitor.

Spezza, who spent 11 seasons of his career with the Senators, returns to Ottawa on Thursday as a member of the Dallas Stars. The 31-year-old requested a trade at the conclusion of last season and was eventually dealt to Dallas on July 1 in exchange for Alex Chiasson, Nick Paul, Alex Guttill and a second-round draft pick.

"It's obviously different coming in (with) a visiting team and it's nice to see some familiar faces and people that I spent a lot of time with," Spezza said. "Felt good to be back on the ice and it's a date that's been circled on my calendar so it's nice to kind of have it here and get it over with (Thursday)."

Spezza plans on keeping things as close to routine as possible, but knows emotions will likely be heightened when he hears the fans' reaction during warm-ups.

"Fans are passionate, so I hope that I'm remembered as giving my all and having success here," Spezza said. "I expect them to support the team, too. They've always supported



After requesting a trade, Jason Spezza was dealt by the Senators to the Stars in July. GETTY IMAGES FILE

the club, but hopefully they appreciate I gave everything when I was here and tried to do all I could to help us win."

Spezza says he will always look back at his time in Ottawa with fondness — for the most part.

"I think it was mostly positive, but no doubt there were frustrating times," Spezza said with a laugh. "There were times, many times, I left this

Quoted



"Fan reaction, you can never really predict that, but as far as I'm concerned I believe it should be positive."

Defenceman Marc Methot on former Senator Jason Spezza's return to Ottawa

rink shaking my head and wondering why we can't get over the hump or what we're doing

wrong. Looking back there's probably a little regret that we didn't win. I think we were

so close for a three-, four-year period there where we had as good a team as anyone in the league."

Spezza's final year with the Senators was his only one as captain.

"I'm disappointed I was only captain for a year and then asked for a trade to move on," Spezza said. "It's unfortunate the timing, the way it was."

THE CANADIAN PRESS

China touts its top junior player as next Li Na



Xu Shilin left China as an eight-year-old and moved to Florida where she could train at top private tennis academies. WAYNE TAYLOR/GETTY IMAGES

China has begun its search for the next Li Na, and one of the juniors with the talent to replace the country's two-time Grand Slam champion may speak better English than she does Chinese.

Xu Shilin, who just turned 17 and goes by the English name Coco, was the first Chinese girl to be No. 1 in the world junior rankings and won the gold medal at the Youth Olympic Games last year. She has also told the Chinese media that her goal is to win a Grand Slam title before she's 20.

Quoted

"I like her a lot. I just want to be myself."

Xu Shilin on comparison between her and retired tennis star Li Na

"It is a goal and a dream. Of course, I'm working toward that," she said at the Australian Open, where she was the top seed in the girls' singles draw before losing Wednesday in the third round. "I think anything is possible."

Xu's rise has been unique compared with the previous generation of Chinese players because her parents decided to develop her talents outside China's state-run sports system, choosing instead to move to Florida, where she could train at top private academies.

Such freedoms were only made possible due to Li Na and a few other current players, who broke free from the state system years ago and were allowed to manage their own careers and keep their own prize money. THE ASSOCIATED PRESS

4
SPORTS

Tennis

Bouchard a doubt for Fed Cup tie

Tennis Canada is still holding out hope that its top player Eugenie Bouchard will be on court for an historic Fed Cup tie next week against the Czech Republic. Vice-president Eugene Lapierre said Bouchard, ranked seventh in the

world, has yet to confirm whether or not she will play against the defending Fed Cup champions Feb. 7-8 in Quebec City.

A three-woman team announced Wednesday did not include the Westmount, Que., native, but they have until two hours before the draw on Feb. 6 to finalize their roster and add a fourth player. **THE CANADIAN PRESS**

English soccer

Eriksen brace sends Spurs to final

Christian Eriksen added a late goal to his sublime early free kick to help Tottenham scrape a 2-2 draw with third-tier Sheffield United on Wednesday and secure a place in the League Cup final against Chelsea.



Spurs' Christian Eriksen GETTY IMAGES

Spurs advanced 3-2 on aggregate and will play in its first cup final in six years.

THE ASSOCIATED PRESS

World soccer

Figo aiming to replace Blatter

The fight to remove Sepp Blatter from the most powerful job in world soccer intensified in Europe on Wednesday. In a surprise entry to the FIFA presidential contest, Portuguese great Luis Figo entered the race. **THE ASSOCIATED PRESS**

Spanish soccer

Neymar on the double for Barca

Neymar scored twice to lead Barcelona past nine-man Atletico Madrid and into the Copa del Rey semifinals with a 3-2 (4-2 on aggregate) win at Vicente Calderon Stadium on Wednesday. Villarreal or Getafe await in the semis. **THE ASSOCIATED PRESS**

Clash of the cornerbacks will be riveting sideshow at Super Bowl

Revis vs Sherman.

Past feuds, bragging rights will no doubt play on the minds of two of the game's best come kickoff time

Strong minded

"I have my own way of doing things and it might not align with everybody, but I'm going to keep it that way."

Richard Sherman of Seattle Seahawks

Darrelle Revis long reigned supreme among NFL cornerbacks. Then came along this upstart Richard Sherman, who proclaimed himself the best and backed it up.

Now they get to state their case on the NFL's biggest stage: Revis' New England Patriots against Sherman's Seattle Seahawks in the Super Bowl. They have a bit of history, these two — a Twitter feud from a couple of years ago. The gist of it: Revis was the proven pro and Sherman hadn't done enough yet to start crowing.

At Tuesday's media day, any animosity was buried. Each expressed respect for the other, although Revis referred to the fact that in Seattle's defence, Sherman plays only half the field. "Sherman, he plays left corner and he does great," Revis said. "He's great at what he does. I'm not really knocking him on what he does. He's a playmaker and that's what he does for his team."

Cornerback, Revis said, is "by far" the hardest position to

Goodell and Patriots owner Robert Kraft are good friends. Sherman didn't back down Tuesday, saying that he found their relationship "interesting." A small crowd gathered around Revis on media day. Sherman drew a mob, and he revelled in it, answering bizarre questions — such as, what super power would he like to have while playing? (He would fly). He danced with a female reporter, confidently showing his moves.

He said he was sure his girlfriend, due soon to deliver the couple's first child, would not have the baby on Super Bowl Sunday. To the young Seattle star, media day was no chore.

Sherman earned a Super Bowl ring last year, in his third NFL season. Revis is playing in the big game for the first time in his eight years in the league.

For the first six, he played for the New York Jets, becoming "Revis Island." Twice he made it to the AFC championship game, but no farther.

Revis and the Jets parted ways after an injury-plagued 2012, and he landed with the Patriots, the team he had fought without much success for so long. "It's pretty awesome," Revis said. "I mean, this is what you play for every year. In the off-season you work hard to get to this point and when you get there, like right now, it's so surreal for me."

Sherman stirred up trouble shortly after the Seahawks landed in Arizona, when, referring to the fairness of the investigation into deflated footballs, he noted NFL Commissioner Roger

THE ASSOCIATED PRESS

play in football. The handful of those who excel at the position may bicker, Sherman said, but they share a common bond.

"There's a respect level between elite cornerbacks in the National Football League," he said. "It takes a certain mentality to play at a high level in this game, to deal with the pressure, to deal with the intensity of being out there against the best athletes in the world ... There's a definite admiration for their ability."

Sherman's a talker — opinionated, self-assured. He says he cares little what people think of him. "It doesn't bother me too much, honestly," he said. "I kind of go to the beat of my own drum ... I have my own way of doing things and it might not align with everybody, but I'm going to keep it that way."

Sherman stirred up trouble shortly after the Seahawks landed in Arizona, when, referring to the fairness of the investigation into deflated footballs, he noted NFL Commissioner Roger

THE ASSOCIATED PRESS



New England Patriots' cornerback Darrelle Revis ELSA/GETTY IMAGES

Quotes

"You know why I'm here."

Seattle Seahawks' running back Marshawn Lynch who had another scripted answer for reporters on Wednesday. On Tuesday, Lynch repeated: "I'm just here so I don't get fined" while talking to reporters at the US Airways Center.



"Where there's smoke, there's fire, and they keep having a history of this behaviour, and no one knows how 11 to 12 balls got deflated."

Filmmaker Spike Lee, an avid New York sports fan, when asked about the New England Patriots "Deflategate" scandal on Wednesday at Sundance Film Festival in Park City, Utah.

In numbers

12

Researchers from the journal Neurology tested 42 former NFLers on their short-term memory, mental flexibility and problem solving and found those who picked up the sport before they were 12 years old functioned about 20 per cent worse.

Carroll wants Schneider's effort to be recognized



John Schneider ELSA/GETTY IMAGES

Give Pete Carroll the opportunity to campaign for someone or something he believes in and he'll gladly jump at the chance.

Usually it's for a player, or a cause. But Carroll's drive this year was getting recognition for general manager John Schneider, the co-architect of the Seattle Seahawks' rise who

usually tries to avoid the spotlight.

"He has just worked tirelessly to continue to compete, to find guys to make this a healthy, competitive roster," Carroll said. "I mean the hundreds of changes in the first year was just trying to find guys. The continuation of that, it changed in terms of the

numbers, but the attitude, the approach, John just continued to battle for it."

"I don't know how he couldn't be recognized with the drafts that he's had, with the free agency success he's had, with the success of our lower draft picks that have come through."

Five years after being select-

ed by Carroll to be the second piece of the Seahawks hierarchy, Seattle is in a second consecutive Super Bowl thanks largely to a roster constructed by Schneider. He's received little recognition for what Seattle has accomplished during his tenure and while Schneider doesn't care, Carroll would like to see him honoured.

"His insight and his ability and really the creativity that he brings couldn't have been more obvious," Carroll said. "But the rest of us, I don't know. We're just playing a game and we're a team. But I think his situation here really should stand out and should be recognized."

THE ASSOCIATED PRESS

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- 4 Stainless Steel Appliances
- Air Conditioning



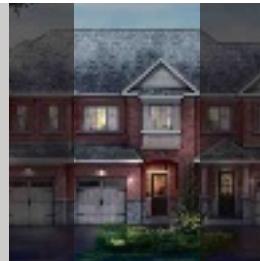
KANATA | BLACKSTONE | NEW GALLOWAY MODEL HOME

Sales Centre and Designer Model Homes | 110 Westphalian Avenue | 613.831.2619

GALILEO INTERIOR B - Lot 291062

Townhome - 1,877 sq.ft.*
was \$314,990 | now \$299,990 | Save \$15,000
Ready February 2015

- Hardwood on Main Level
- Finished Recreation Room
- Air Conditioning and Much More!



SHIRE W/ LOFT A - Lot 1023

Single - 2,626 sq.ft.
was \$534,990 | now \$498,490 | Save \$36,500
Ready February 2015

- Hardwood on Main Level
- Plus Many Additional Upgrades!



NEPEAN | STONEBRIDGE | AWARDED GOHBA'S 2014 COMMUNITY OF THE YEAR

Sales Centre and Designer Model Homes | 610 Kilbirnie Drive | 613.692.9284

AIDA B - Lot 1356

Single - 2,603 sq.ft.
\$516,990 | \$30,000 Design Studio Dollars***
OR \$20,000 OFF price
Ready May 2015

- Hardwood on Main Level



AMADEUS B - Lot 1319

Single - 3,126 sq.ft.
\$561,990 | \$30,000 Design Studio Dollars***
OR \$20,000 OFF price
Ready June 2015

- Hardwood on Main Level



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